

**QUICK STEPS**  
to  
**Fruits & Vegetables Galore And Dairy Too!**  
Table of Contents:

- Trainers/Contacts
- Training Schedule
- Training Site Directions
- Sign In Form
- NJSFSA/SNA Sign In Form for 2 “CEU” Credits
- Introduction
- Acknowledgements
  
- Fruits & Vegetables Galore Power Point Outline & Notes
- Activities
  - ✓ Fresh Produce Storage Considerations
  - ✓ Produce Cooler Plan-O-Gram
  - ✓ Customer Service Role Playing “A”
  - ✓ New Food ---Can You Guess What’s in the Bag?? “B”
  - ✓ Fruits & Vegetables of the Month “C”
  - ✓ Fruits & Vegetables of the Month Promo Form
- Handouts
  - ✓ Tips For Seasoning Vegetables
  - ✓ Salt Substitute Recipes
  - ✓ Hot Presentation Tips
  - ✓ Mystery Diner
  - ✓ Merchandising Tips
  - ✓ Pre-Cut vs. Bulk
  - ✓ Red Peppers
  - ✓ Yellow Squash
  - ✓ Sample Yellow Squash Classroom & Home Link Handout  
*(Distributed to NJ Fruit & Vegetable Pilots)*
  - ✓ Resources
  - ✓ Web Sites
  - ✓ Produce Safety: *Located in Front Pocket of Manual*
  - ✓ 5 A Day --- The Color Way Tri-fold: *Located in Front Pocket of Manual*
  - ✓ Tip Cards: *Located in Back Pocket of Manual*
- Milk/Dairy Outline
- Milk/Dairy Handouts
- Instructions For Forms
- School Data Form
- NJ Star Wellness Challenge Form
- USDA Regs/NJ Model Nutrition Policy